

March's Gold Medal School of the Month

North Davis Preparatory Academy

Principal: Deborah Gomberg
School Coordinator: Kathryn Ricks
Mentor: Lisa Mitchell

North Davis Preparatory Academy celebrated its first "Heart Healthy Month" in February. They took the Go Red For Women's Heart Disease theme and expanded it throughout the month. Faculty and students were encouraged to wear red to kick-off the month.



During the month students learned how important it is to keep their hearts healthy by staying physically active and eating nutritious foods. Students earned a paper hearts they could place in the hall for each Gold Medal Mile they walked. By the end of the month, the walls were covered with hearts. The cafeteria was decorated with hearts containing health tips and nutritional information. These hearts helped students make the connection between eating healthy and keeping their hearts healthy.

Students finally put their heart knowledge to the test.

A competition was held to see which classes got the most heart health questions right. The top two classes won American Heart Association "red dress" pins, brochures, and a card to take home to a loved one.

North Davis Preparatory Academy is only two years old and began this year with a new principal and several new faculty members. Still, they came together for a very successful "Heart Healthy Month" learning heart-healthy lifestyle practices that will last a lifetime. "The Gold Medal Schools program has enabled the classes to work together. The teachers all came with their sneakers to the kick-off assembly to show their support in walking the Gold Medal Mile and they have stuck with the program ever since," said Kathryn Ricks, the school's program coordinator.

